

**Takoma Park
Recreation Department**
7500 Maple Avenue
Takoma Park, MD. 20912



(301) 891-7290

www.takomaparkmd.gov/government/recreation



Useful Information

City of Takoma Park 301-891-7100

Takoma Park Police Department
Non-Emergency 301-270-1100

Takoma Park residents in need of
masks: 301-891-7119
housing@takomaparkmd.gov

City TV, find City Council meetings
and local programming and updates
on RCN - Channel 13; HD Channel
1060; Comcast/Xfinity - Channel 13;
Verizon Fios - Channel 28.

Housing & Community Development
301-891-7119

Takoma Park Library
301-891-7259
library@takomaparkmd.gov

Public Works Department
301-891-7633

Recreation Department
301-891-7290
recreation@takomaparkmd.gov

Montgomery County Department of
Health and Human Services Helpline:
#240-777-1755

Montgomery County Crisis Center
240-777-4000

Paula Lisowski
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Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
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Summer July & August 2021 Edition

Issue #43

Forever Young

Enjoying Active Life Over 55 in Takoma Park

Looking Back, Moving Forward!

Summer classes are still virtual but we're planning in-person classes for fall. Let's get back together with friends we've been missing during this past year. All the details will be in the next Forever Young Newsletter-Fall 2021 (September through December). Just in case you've forgotten what it was like before the pandemic shut-down, take a look at the photo montage below for a stroll down memory lane. More photos page 2. See you in September for more memories!



Recreation Department Summer Virtual Activities for 55 plus

Virtual Community Center (VCC) on Zoom

Please visit the VCC online at the Takoma Park Recreation Department site:

<https://takomaparkmd.gov/recreation/vcc> and search for current activities and classes for Takoma Park residents of all ages. Choose an activity and click on the activity. You'll enter the zoom site waiting room ready for the host to invite you into the class. Activities are free (unless otherwise noted)!

Virtual Fitness classes for 55 plus - Summer 2021 session (July through August):

Enhanced Fitness with Adriene Buist, Tuesdays at 8:45 a.m., 7/6 - 8/24.
A great total body workout with low-impact seated and standing exercises. Also, using resistance band or tube for muscle strengthening and greater balance.
Foundational Fitness with Michael Williams, Tues/Thurs. at 10:00 a.m., 7/6 - 8/26.
Improve strength, agility and endurance through seated and standing exercises. Class utilizes chair and light hand weights or tubes.
Line Dance with Barbara Brown, Wednesdays at 10:30 a.m., 7/7 - 8/25.
New Time! Learn how exercise can be fun with music and dance while improving stamina and agility. Great physical and mental exercise.

Yoga for Healthy Aging with Carol Mermey, Wednesdays at 2:15 p.m., 7/7 - 8/25.
Gentle series of chair, floor and standing poses improves strength, flexibility and relaxation using yoga mat, straight-backed chair, exercise belt and tennis ball.

Zoomba Gold with Yesika Flores, Fridays at 10:00 a.m., 7/9 - 8/27.

Classic Zumba movements with lower intensity and easy to follow dance choreography that focuses on balance, range of motion and coordination.

Fall 2021 classes begin the week of September 7th. Registration is required.

Registration begins August 24th @ 9 AM for TP residents. Go online to www.takomaparkmd.gov/government/recreation, click on the ActiveNet logo. An email address and ActiveNet password is needed to login to ActiveNet.

Forever Young newsletter online: www.takomaparkmd.gov/news/forever-young-newsletter/



Services, Resources and Events - City and County

4th of July - Independence Day Celebration, for information contact Takoma Park Independence Day Committee, email: contactus@takomapark4th.org or go online to www.takomapark4th.org



National Night Out, Tuesday, August 3rd, 6-9 p.m., Piney Branch Elementary School, 7510 Maple Avenue. Annual community event hosted by the Takoma Park Police Department. Visit with locally-based businesses, groups and Crime Dog McGruff; enjoy music, games, food. Info: 301-270-1100, police@takomaparkmd.gov



Vital Living 55+ in Takoma Park - an informative cable show of interviews and presentations. This episode highlights two community organizations that provide important services for Takoma Park residents. Meet Andrew Penn, President of the Village of Takoma Park, and learn more about this non-profit organization that provides social, educational and support services for older adults; and meet Pat Rumbaugh, Executive Director of Let's Play America, an organization that hosts interactive playful activities events for Takoma Park residents of all ages. Enjoy film clips and photos of past Play Day activities. More shows coming soon. Tune in and stay engaged!

Vital Living is available: Tuesdays 6:30am; Wednesdays 8am; Thursdays 8:30pm, and Fridays 7pm on Comcast & RCN: Channel 13/Verizon Fios: Channel 28 (The schedule may change due to council or other productions). Also available on YouTube.

Covid-19 Resource page: includes information on testing, as well as food, housing, financial and mental health resources and more, go to: takomaparkmd.gov/initiatives/project-directory/information-and-resources-covid-19/
Senior Planet Montgomery: offering free online technology/computer classes via video conferencing. For more information and to view its virtual program offerings, go to www.seniorplanet.org/montgomery or call 240-753-0676.

Village of Takoma Park: senior services and programs. For more information, go online to villageoftakomapark.com or email: villageoftp@gmail.com or call 301-646-2109. Walking Group, open to all, no registration required. For more information, contact Susan Rodgers gjgroup@yahoo.com or 202-243-9230.

CARE - Caring About Residents Everyday - The Takoma Park Police Department provides this program for seniors and residents with special needs living alone who need to be checked on daily. For more information and to register, please call 301-270-1100 or go to: <https://takomaparkmd.gov/government/police/services-and-programs> and click on CARE.



Feed the Fridge with free meals prepared by DC area restaurants made fresh and delivered mornings each day.

A fridge is located outside in front of the Takoma Park Recreation Center, 7315 New Hampshire Avenue and another outside in front of the Takoma Park Community Center, 7500 Maple Avenue. Each refrigerator is cleaned and sanitized then carefully re-stocked with fresh sealed meals. (Do not take any meal that the tape is not secure). The meals are available to anyone, no questions asked. Walk up and take what you need. First come, first serve.



Crossroads Farmers Market: Prepared meals, fresh fruits, vegetables, honey, coffee, flowers and much more, Wednesdays, 10:30 a.m. - 2:30 p.m. Located on Anne Street at University Blvd. East in Takoma Park, MD. For more information, call 301-615-3806 or go to: crossroadscommunityfoodnetwork.org



Phone a Neighbor Program, Connecting with Seniors, Phone a Neighbor Program: Are you a senior who would like to receive occasional phone calls while staying at home? To be connected with a friendly volunteer, please call Paula Lisowski at 240-687-4132 or email at paulal@takomaparkmd.gov.

